



ABOUT Dr.ABILASHA

Dr.Abilasha is a psychologist with more than a decade of experience and can help you with various mental health issues. She offers treatment for discerning behavioral and psychological problems. She can also help you to handle social and family conflicts through scientific psychological counseling and psychotherapy. Dr.Abilasha has conducted multiple workshops, published articles, and tirelessly strived to serve society and spread awareness throughout her career.

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Dr.ABILASHA
Psychological Centre



PSYCHOLOGICAL WORKSHOPS

As we all know, recently there has been a need for emphasis on mental health in Workplace. Employees face emotional, behavioural, family, health and stress related problems, which inturn affects the company's growth and devolpment in the form of ineffeciency, burnout, unable to reach target, unhealthy practices, absenteeism and job dropping. We conduct most efficient and result oriented Psychological workshops for Corporates. Employees feel happy and destressed resulting in better productivity and benefits to the Company. Our Programmes are well sought after and will not be boring but will be entertaining with games, activities and interactions.

STRESS MANAGEMENT

We focus on teaching people to better understand the cause of their stress and how it affects their well-being. Through our program, you can also explore certain stress management and coping techniques.

PERSONALITY DEVELOPMENT

You can build better personal and professional relationships, as well as enjoy improved productivity and growth after a proper personality development training. Our programs can be fruitful in improving your confidence levels, honing your best qualities, and equipping you with the capabilities to create lasting impressions on others.

PARENTING SKILLS

The relationship of a parent and child has a huge influence on multiple aspects of the child's development. Proper parenting skills have a positive impact on the cognitive development, self-esteem, behavior and school achievement of a kid.

WOMEN EMPOWERMENT

We help women to gain confidence, encourage them to practice self-care, and support each other in both personal and professional successes.

COUPLE REBONDING

Discontentment, fights, miscommunications and more are not uncommon among couples. Our rebonding programs put emphasis on creating deeper and more emergent connections between couples, so that their relationships can emerge stronger even after setbacks.

STAFF SOFT SKILLS & ETTIQUETTE

Soft-skills play an important role in the modern workplace. They help in building a sense of professional camaraderie and fosters creative problem-solving, which ultimately contributes to increasing productivity.

COMPANY ORIENTATION & ORGANISATIONAL BEHAVIOUR

We help in improving organizational communication behavior and outcomes, including employee job satisfaction and motivation.

Other Topics are, Time management, Work life balance, Lifestyle Management, etc We customise our programs according to your need, Timeframe, and size of gathering.